

Sweet Potato-Blueberry Oat Squares

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 Servings

Ingredients

3/4 cup Oats, rolled, quick
2/3 cup whole wheat flour
2 tablespoons Flour, all-purpose, unbleached
1 5/8 teaspoons baking powder
1 1/8 teaspoons Cinnamon, ground
1/8 teaspoon table salt
1/2 cup Sweet potato, canned, mashed
1 1/2 teaspoons lemon juice
3/4 cup skim milk
2 tablespoons + 3/8 tsp Brown sugar
2 tablespoons oil
1/3 cup Blueberries, frozen, unsweetened

Directions

1. In a large mixing bowl, blend sweet potato, lemon juice, milk, and oil.
2. In a small bowl, mix 5/8 tsp of cinnamon and 3/8 tsp of brown sugar and set aside.
3. In a separate bowl, mix flours, remaining sugar, baking powder, remaining cinnamon and oats.
4. Slowly combine dry ingredients into wet ingredients until thoroughly mixed. Fold in blueberries until well incorporated.
5. Lightly spray a baking sheet with cooking spray and pour batter onto tray.



6. Dust the top of the batter with sugar and cinnamon mixture and bake in the oven at 350 degrees for about 25 minutes or until lightly browned. Cut into 2 ounce squares and serve warm.

Notes

Serving Size: 2 ounce square